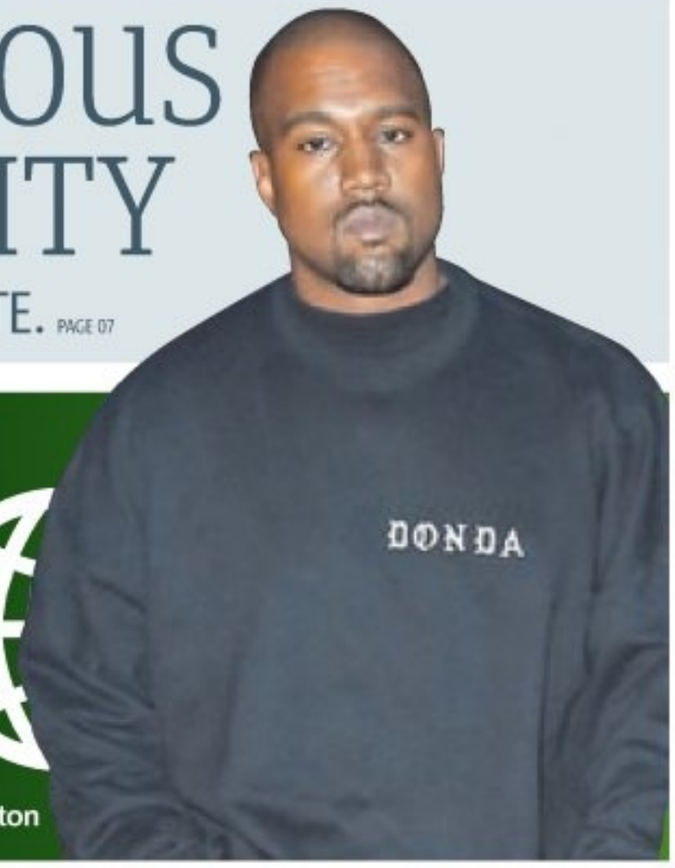
KANYE WEST SERIOUS ABOUT HIS SECURITY

HE WANTS TO TRAVEL LIKE THE SECRETARY OF STATE. PAGE 07



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Bombing trial. Emotions ran high yesterday as several relatives of convicted Boston Marathon bomber Dzhokhar Tsarnaev testified on his behalf. The convicted terrorist wept at the sight of his family members. PAGE 02

TRIAL OF TEARS

Family members of Dzhokhar Tsarnaev delivered emotional testimony Monday on the terrorist's behalf. / JANE FLAVELL COLLINS

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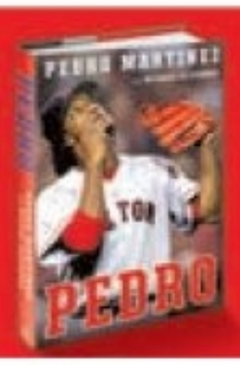

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1 NEWS

Top 3

The best of Metro.us

1 'HBO takes on piracy once again: no more "Game of Thrones" DVD screeners'

2 'Matthew Hussey on how to "Get the Guy"'

3 'Ciara: "There ain't nothing I can't do"'

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Tsarnaev's brother had 'rage of hatred'

Testimony. The convicted bomber reportedly teared up as his family testified on his behalf yesterday.

Tsarnaev's aunt, Shakhruzat Suleimanov, right, testified at his trial on Monday. / JANE FLAVELL COLLINS

Convicted Boston Marathon bomber Dzhokhar Tsarnaev's brother, who described feeling a "rage of hatred," frightened at least one relative during a visit to Russia in 2012 when he espoused radical Islamist beliefs, a family member testified Monday.

Several of Tsarnaev's relatives appeared in Boston federal court to testify at the second phase of his trial, where a jury will determine whether he is sentenced to death for killing three people and wounding 264 in the 2013 attack.

Defense attorneys have been trying to paint the 21-year-old ethnic Chechen as a secondary player in an attack conceived and led by his 26-year-old brother, Tamerlan Tsarnaev, who died after a gunfight with police four days after the bombing.

Naida Suleimanova, a cousin of the brothers, said she was scared when she learned Tamerlan had adopted extremist views.

"When we were told that he was an adherent of some kind of radical Islam, I was afraid," Suleimanova said through an interpreter.

"I don't understand this. Our parents didn't teach us these things. They taught us to pray and to read the prayers and I am very far away from all this."

Suleimanova, who appeared to be holding back tears during her testimony, identified Tamerlan's voice on an audio recording in which he discusses the idea of establishing an Islamic caliphate with other men, who are not identified.

"I have this rage of hatred inside of me," Tamerlan said on the recording, according to a translation of the Russian conversation.

An aunt of Tsarnaev's, Patimat Suleimanova, broke down in tears on the witness stand before she began her testimony and was excused to compose herself.

The Tsarnaev family had moved frequently between Dagestan, Siberia, and parts of central Asia before relocating to the U.S. a decade before the attack, Suleimanova and her sister, nurse Raisat Suleimanova, testified.

Raisat Suleimanova described Dzhokhar Tsarnaev as having been a "very kind, very warm" child, who was loved by his family.

"I categorically reject what he did," Suleimanova said. "It's a great tragedy of course."

The jury also saw several photos of Dzhokhar as a young boy, including one where Tamerlan carried him on his shoulder. **REUTERS**

Quoted

"Dzhokhar loved his older brother very much. As is the custom in our families, you would always listen to your older sibling."

Naida Suleimanova,
Tsarnaev relative

Sex change case

GLAD: SCOTUS decision means legal end for Kosilek

The U.S. Supreme Court's decision not to hear the appeal of a transgender woman seeking treatment for gender identity disorder marks "the end of the road legally" for Michelle Kosilek's quest for treatment while in prison, according to attorneys.

Gay & Lesbian Advocates & Defenders reported yesterday that the nation's highest court will not hear an appeal of a federal appeals court ruling overturning lower court rulings that entitled Kosilek, a convicted murderer, to a taxpayer-funded sex change operation. According to GLAD, Kosilek has "self-mutilated" and twice attempted suicide "as a result of being denied treatment."

GLAD attorney Joseph Sulman and Goodwin Procter LLP filed a petition for certiorari in March asserting that the First Circuit Court of Appeals had overstepped its role by allegedly retrying the facts of a 2012 trial and applying the wrong standard of legal review.

"The treatment of Michelle has been cruel and unusual, according to two lengthy, thoughtful and closely reasoned judgments," Sulman said in a statement. "The DOC's behavior has been abominable as they have repeatedly defied their own experts in their eagerness to deny her desperately needed medical attention." **SHNS**

Michelle Kosilek / HANDOUT

Mental well-being. Bombing jury offered counseling services

Sketch of the jury viewing the boat Dzhokhar Tsarnaev was found hiding in. / JANE FLAVELL COLLINS

The 18 jurors in the marathon bombing trial will have access to mental health counseling following the lengthy federal death penalty trial against convicted terrorist Dzhokhar Tsarnaev, The Boston Globe reported.

Throughout the eight-week trial, jurors were bombarded with images and videos of death and severed limbs, audio of cries of agony, testimonies from the afflicted and other accounts of blood, gore, chaos and loss. With those stresses behind them, they still have to decide Tsarnaev's fate in order to end the ordeal of bringing justice to the surviving bomber.

Advocates in the mental health field told The Globe that jurors could suffer secondary traumas and encounter post-traumatic stress struggles as a result of the regular exposure to such intense subject matter. But the help they might need will not be available until after the trial, as they are not allowed to discuss the case until a decision is reached.

Experts say jurors could develop sleep issues, depression or fear of crowds. **GLOBE**

Boston activists call on DOJ for BPD investigation

Police reform. Family members of people killed or abused by cops joined the 380-plus names signed on a petition.

Jamarhl Crawford reads the letter he sent to the Department of Justice.
NICOLAUS CZARNECKI, METRO

In the midst of recent nationwide tensions between police departments and citizens, demonstrators yesterday called on the Department of Justice calling to investigate and reform the Boston Police Department.

"Given what has happened throughout the country with police violence and community reactions, this is the perfect time to strike while the iron's hot," Blackstonian publisher Jamarhl Crawford wrote in a letter to the DOJ.

Crawford said that the goal is to push for quicker and more efficient action by going over the city and state level.

The letter addresses instances involving racial profiling, excessive force, deadly force and corruption by members of the BPD. Since 2013, at least three people have been shot and killed by Boston cops. Since 1988, some 29 people have been killed by BPD officers, roughly adding up to one life lost per year.

The letter goes after the district attorney, claiming that Dan Conley's office has yet to find wrongdoings in cases between white officers and victims of color. It also cites scandals that were resolved in questionable matters, including corruption and brutality.

Activists have also criticized the DA's office, who found no wrongdoing on the parts of police officers in the beating of a 16-year-old on the Roxbury Community College campus in 2010.

NATE HORMAN
@MetroBOS
letters@metro.us

Faneuil Hall GIFT Box fights trafficking

Watertown resident Michelle Anderson explored GIFT Box, a walk-in exhibit that opened yesterday in partnership with the city. The exhibit aims to raise awareness about the issue of human trafficking, and empower Bostonians to fight against it. GIFT Box will be on display at Faneuil Hall through May 14. / NICOLAUS CZARNECKI, METRO

Special delivery

Baby delivered on Soldier's Field Road

EMTs delivered a baby on the side of Soldier's Field Road in Brighton early Sunday afternoon.

Bystanders flagged down paramedics Trevor O'Shea and Erick Hackett, who had assumed there had been a car accident.

"This was the last thing we were expecting," said O'Shea.

The baby — a boy — was born in his mother's car. The paramedics cleared his airway, cut and clamped the umbilical chord and tended to the mother on the scene. The mother and son were taken to Mt. Auburn Hospital, where they are both said to be doing well.

"It was very exciting to be part of a new life entering the world, and I was glad to play a small role," said Hackett. "To be fair, mom did most of the work."

DANNY MCDONALD

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Five things you need to know

1 Republican former CEO Fiorina enters 2016 race, swings at Clinton

Former Hewlett-Packard Chief Executive Carly Fiorina on Monday announced she is running for president and took a shot at Democratic front-runner Hillary Clinton, whom she said represents a political class that Americans are "disgusted" with.

Once one of the most powerful women in American business, Fiorina registers near the bottom of polls of the dozen or so Republican hopefuls and has never held public office.

She is positioning herself as an outsider with real-life experience earned through years in the corporate world.

Fiorina, 60, said the former first lady and her husband, former President Bill Clinton, belong to an out-of-touch political elite.

"She reminds people that there is a huge disconnect between that political class and the hopes and concerns of hardworking Americans everywhere," she told reporters on a conference call.

"I see that disconnect everywhere I go. I see people just disgusted, honestly, with the way the playing field is tilted against them, the disconnect between what they're thinking about and what they perceive people in Washington are thinking about," Fiorina said.

A breast cancer survivor who lost a stepdaughter to drug addiction, Fiorina is a multimillionaire who has known adversity.

FIORINA
GETTY IMAGES

REUTERS

2 Baltimore police say man's gun discharged during arrest, no injuries

Baltimore police denied a media report on Monday they had shot a black man while trying to take him into custody, saying the man's firearm went off accidentally while Baltimore police officers were arresting him and that no people were was injured in the incident.

A senior Baltimore Police Department officer on the scene told reporters that the man had been put into an ambulance as a precautionary measure.

"No one was injured," the officer said. "Nowhere on his body does he have a gunshot wound."

REUTERS

3 Clayton State University in Georgia evacuated after bomb threat: Report

Clayton State University, an Atlanta-area school, was evacuated on Monday afternoon due to a bomb threat, the Atlanta Journal-Constitution reported.

The school's website asked that all campus buildings be cleared, but it did not specify a reason for the evacuation. School officials did not immediately respond to messages seeking comment.

REUTERS

4 Wisconsin man opens fire on family after fight with girlfriend

A Wisconsin man, who had just been in a fight with his girlfriend, armed himself with two guns, cycled to a scenic bridge and opened fire, killing a father and his daughter along with another man before taking his own life, police said on Monday.

Sergio Daniel Valencia del Toro, 27, killed Jonathan Stoffel, 33, his daughter Olivia, 11, and Adam Bentdahl, 31, and critically wounded Erin Stoffel, 32, police said.

The shooting happened on Sunday evening on the Trestle Trail bridge in Menasha, about 35 miles southwest of Green Bay.

REUTERS

5 Samsung uses virtual reality for 'Avengers' movie ads

Samsung and Walt Disney's Marvel introduced a marketing campaign that for the first time promotes a movie using short virtual reality films.

The ad campaign for the movie "Avengers: Age of Ultron," employs technology that immerses a user in a 3-D world and makes them feel as if they are in the action.

The campaign is made to work with Samsung's GS6 smartphone that fits with the company's VR glasses, Samsung Gear VR, though the films can be viewed on Android smartphones or any Web browser.

REUTERS

New York City. Suspect charged with murder after city police officer killed

An NYPD police officer who was allegedly shot in the head by an ex-con on Saturday evening in the New York City borough of Queens has died.

Speaking outside of Jamaica Hospital shortly before 3 p.m., Police Commissioner Bill Bratton said New Yorkers should pray for Officer Brian Moore's family, who made the difficult decision to remove him from life support.

Bratton said officers from the 105th Precinct had just come back from the funeral of a fellow officer, who died from complications related to 9/11, when they heard that Moore had died.

"He was an extraordinary young man … [this is a great loss] to his family, this department and to this profession and this city," Bratton said.

Patrolmen's Benevolent Association President Pat Lynch said that officers throughout the city will ride subways and do patrols with a heavy heart, and asked New Yorkers to comfort cops and thank them for their service.

"There is no closure for a New York police officer's family in death," Lynch said. Moore's father and uncle are retired from the NYPD, and he has a cousin on the force.

Moore had 150 arrests in his less-than-five-year career, officials said.

Moore was allegedly shot by Demetrius Blackwell around 6:15 p.m. on Saturday. Moore and his partner, Officer Erik Jansen, were on patrol in plain clothes and an unmarked police car when they spotted Blackwell suspiciously adjust something in the waistband of his pants.

When the officers pulled up behind Blackwell and asked what he was doing, the suspect allegedly pulled out a gun and fired multiple times into the car.

Moore was hit several times in the head, authorities said, and Blackwell fled before the officers were able to return fire. Moore's partner was not injured and the suspect, who is 35 years old, was apprehended about 90 minutes after the incident.

Blackwell was arraigned on attempted murder charges on Sunday. Queens DA Richard Brown upgraded the charge to murder on Monday afternoon, and if convicted Blackwell faces life in prison without the possibility of parole.

Police recovered a Taurus revolver with three spent bullets and two live rounds from a backyard on 104 Avenue on Monday.

The gun had been reported stolen. Bratton said the DA plans to start the grand jury process on Tuesday, and seek a charge of first-degree murder of a police officer.

WENDY JOAN BIDDLECOMBE

Police gather for a procession at the Jamaica Hospital Trauma Center in Queens after the death of NYPD Officer Brian Moore. / MILES DIXON, METRO

Quoted

"Our city is in mourning and our hearts are heavy … we lost one of the best amongst us. … We need to be there for the Moore family and thankful there was a hero amongst us, known as Brian Moore." NYC Mayor Bill de Blasio

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Dr, Yan Katsnelson is a highly-skilled cardiovascular surgeon. He completed his training at the Brigham and Women's Hospital, Harvard Medical School, and served as an attending Cardiovascular and Thoracic Surgeon at the University of Chicago. He is fluent in English, Russian, and Hebrew.

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Feds monitored gunman for years in Muhammad cartoon attack in Texas

Texas. He was associated with an individual the FBI believed was trying to set up a terrorist cell.

Investigators work a crime scene before the removal of two bodies outside of the Curtis Culwell Center after a shooting occurred the day before in Garland, Texas. / GETTY IMAGES

Federal agents for years monitored one of the two gunmen shot dead after opening fire with assault rifles at a heavily guarded Texas exhibit of caricatures of the Prophet Muhammad.

Two law enforcement officials, who asked not to be named, identified one of the dead shooters as Elton Simpson, under surveillance since 2006 and convicted in 2010 of lying to FBI agents over his desire to join violent jihad in Somalia. The second shooter was identified as Nadir Soofi, a roommate of Simpson, according to two sources close to the investigation.

Phoenix FBI spokesman Perryn Collier confirmed agents were at the Autumn Ridge Apartments in connection with the shooting in Texas. The complex in north-central Phoenix was cordoned off and residents were evacuated for several hours in the early morning.

The incident unfolded on Sunday, when a car drove up behind an indoor arena in Garland, where people attended an event featuring caricatures of the Prophet Muhammad, portrayals considered offensive by Muslims.

Two men jumped out of the car and fired on security guards, injuring one. One police officer returned fire and killed both men in the parking lot.

Those inside the Curtis Culwell Center who had gone through heavy security to enter the event were not aware of the attack until afterward.

Police and federal agents had planned security for months ahead of the event. REUTERS

Contest

Free speech or hateful?

AFDI's event in Garland, Texas, was called "Muhammad Art Exhibit and Contest" and offered a $10,000 prize for the best artwork or cartoon depicting the Prophet.

Depictions of the Prophet Muhammad are considered offensive in Islam, and Western art that portrays the Prophet has angered Muslims and provoked threats and attacks from extremists.

Ahead of the event, Dallas Muslims had circulated messages on social media urging each other to ignore the event and not give the organizer any attention.

The event featured speakers including Geert Wilders, a polarizing Dutch politician and anti-Islamic campaigner who is on an al Qaeda hit list.

The AFDI, described by the Southern Poverty Law Center as a hate group, has among other activities sponsored anti-Islamic advertising campaigns in transit systems. REUTERS

Attendees

200

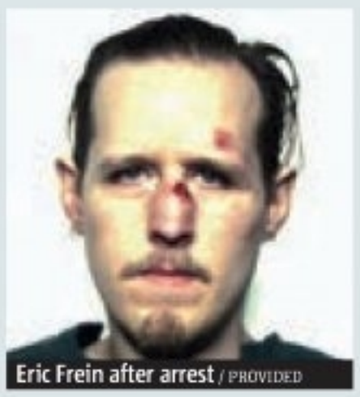
Some 200 attendees inside the arena were not aware of the attack outside.

Mt. Pocono

Parents of slain Pennsylvania trooper forgive accused killer

The parents of a Pennsylvania state trooper slain by a sniper outside his barracks last fall declared their forgiveness on Sunday for the defendant, a survivalist awaiting trial on murder charges that carry a possible death sentence.

Bryon and Darla Dickson spoke about the death of their son, police Corporal Bryon Dickson, and the healing power of forgiveness during three "Blue Sunday" services honoring law enforcement at the Community Church in Mount Pocono, about 110 miles north of Philadelphia.


Eric Frein after arrest / PROVIDED

Following the services, Dickson's father told Reuters in the church lobby that he and his wife had spoken with the congregation about their son's death, "how we dealt with it," and why they embraced forgiveness for his killer.

"The only alternative is bitterness," said the church's pastor, David Crosby Jr. REUTERS

1 Is Kate Middleton making other moms look bad?

If you're a new mom — or soon to be one — it's understandable if the post-birth behavior of a certain Duchess of Cambridge has you feeling like a bit of an underachiever. Not only did she squeeze out newborn Princess Charlotte Elizabeth Diana after two and a half hours in the hospital Saturday morning — with no epidural or anything — but she was then standing up — standing up! — on the steps of the hospital, baby in her arms, waving to well-wishers nine hours later and looking pretty darn fantastic doing it. That's asking a lot of a woman mere hours after giving birth. Of course, most women don't have a crack team whipping their hair, skin, nails and wardrobe into camera-ready shape just after the baby arrives. Basically, if Middleton is supposed to serve as a role model for other women, maybe someone should sit her down and have a talk about unrealistic expectations, yeah?

ALL PHOTOS GETTY IMAGES

3 Kanye West wants John Kerry-level security

This week in Perfectly Reasonable Kanye West Requests: security! The even-tempered and ever-humble rapper will be traveling to Rome to film a small part in "Zoolander 2," and he's reportedly taking his accommodation cues from U.S. Secretary of State John Kerry, because obviously. "Kerry stays at the iconic Baglioni [hotel] because it's directly across the road from the U.S. Embassy, and he has an army to protect him with machine guns and soldiers at the ready," a source tells Radar Online, explaining that West "wants a similar setup, as he's become increasingly paranoid about traveling with his wife and child. Rome's a dangerous place. [West] wants top-level security in the rooftop suite, with 360-degree views and [room] for security [on] the entire floor below." Seems eminently reasonable.

THE WORD

Ned Ehrbar takes on the world of gossip.

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ned.ehrbar@metro.us

2 Time to lawyer up, other people named Kylie

Apparently, there's nothing you can't monetize or commodify, at least not if you hail from the Kardashian-Jenner clan. To wit, 17-year-old Kylie Jenner has reportedly filed an application to trademark her first name for "entertainment in the nature of providing information by means of a global computer network in the fields of entertainment, fashion and pop culture" and for personal appearances "by a celebrity, actress and model." Hey, at least we finally have a lock on what her career technically is. One hitch, though: There's already a famous pop star named Kylie — Minogue, in case you're wondering — who has been famous longer than Jenner has been alive. Which might cause a problem down the road, no? Also, couldn't you at least wait until you're of legal voting age before you start trademarking yourself? Kids these days.

Daily video

NOOBER GOOBER GAMING, YOUTUBE

Floyd Mayweather's Punch-Out!!

Still grappling with that nagging sense of disappointment from the big Floyd Mayweather and Manny Pacquiao fight? Well, YouTube upstart Noober Goober Gaming at least gives you a chance to laugh about it with this clip remaking classic video game "Mike Tyson's Punch-Out" for Mayweather. You get to play as Pacquiao — once you agree to the champ's list of terms, including daily testing, getting less money than him and selling TMT T-shirts. Seems reasonable. Spoiler alert: The big match involves a lot — and I mean a lot — of hugging. And no actual punches connecting. But then, Mayweather already has your money.

4 Sofia Vergara 'didn't want to go out with' Joe Manganiello

They may be enjoying a whirlwind romance — getting engaged after just six months of dating — but it turns out Sofia Vergara initially put up some resistance to Joe Manganiello's advances. "At the beginning, I didn't want to go out with him because I had just finished a relationship," she tells Ellen DeGeneres during an interview. "He seemed like a lot of work because [he was] so handsome and younger than me and, like, so sexy and whatever best bachelor or whatever he was." (For the record, he was "Hollywood's Hottest Bachelor," according to People magazine, but we get her point.) "And I'm like, ugh," she admits. "Just too much! But he convinced me. He flew to New Orleans and forced me on a date." Note to other single men: This tactic is only not creepy and questionable if you're Joe Manganiello.

2 CULTURE

Twitter feed

Today, Dwayne Johnson is feeling inspired, Jamie Chung is qualifying her policies, RuPaul wants you to recognize, Elizabeth Hurley leads a very odd life and Joel McHale has terrible, terrible advice.

@TheRock: Anything that's worth doin', is worth doin' right. Be willin' to put in the work and success will come. Let's roll..

@jamiechung1: Correction- Treat ALL living beings with kindness...Unless it's trying to eat you.

@RuPaul: If your happiness is contingent on someone else changing their behavior, then you playin yo'self, henny.

@ElizabethHurley: My pigs are odd....

@joelmchale: Remember: lift with your back.

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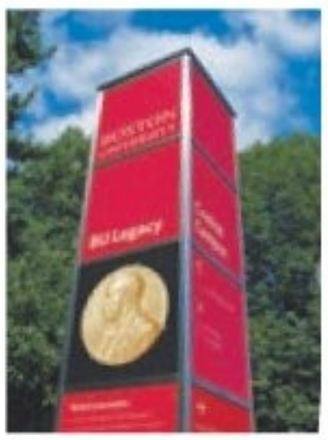

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Boston University Summer Term

Lucas, left, in "Pompidou" with co-star Alex Macqueen. The show is available on Netflix now. / BBC TELEVISION

Matt Lucas talking gibberish to the kids

Q&A. The U.K. comic takes a gamble with "Pompidou."

Matt Lucas, "Little Britain" co-creator and "Bridesmaids" scene-stealer, is feeling a bit awkward. "I don't do a lot of newspaper interviews," he admits. "There's no point in doing an interview just for the sake of it. You'll just bore the pants off people, won't you?" But he is promoting something, at least: "Pompidou," the Netflix series in which he plays a bumbling, down-on-his-luck aristocrat — entirely in gibberish.

Has anyone suggested conducting interviews in "Pompidou"-speak?
[Laughs] Can you imagine? It's like speaking in tongues for atheists. I just wanted to do something different, and I wanted to do something that could be enjoyed in different countries without the barrier of a load of subtitles or dubbing. And I wanted to do something for the family — something a little less spiky, something that kids could watch. Some of my favorite things I've received recently are, like, 2-year-olds doing Pompidou voices on Twitter and sending them to me. It's quite weird.

Are parents pleased, or are they miffed about you messing up their kids' language development?
I think there's a mixture. Before I'd felt a bit guilty that we'd taught the kids rude words from our shows.

MATT LUCAS, OUT OF COSTUME
JIM SPELLMAN / WIREIMAGE

That motivation to play to younger audiences happens a lot with comics as they get older.
I think you change as a person. You become less sociopathic as you leave your 30s, and you usually become a bit warmer, I think, and a bit more empathetic. Stuff that David Walliams and I used to do 15 or 20 years ago, sometimes it was quite cruel. I look back on it and I don't see the person I am now in it at all. There's a cruelty to it, and I don't feel that way anymore. I don't have that anger or that bite in the same way. So although the show is less risque, I actually think it's more risky. It's a big proposition to leave all your characters behind that people know you for and the style of comedy and then just do something in gibberish. Some people in Britain were baffled by it.

What do you get recognized for the most here?
Last night, a woman at the restaurant came up and said, "I'm a massive fan of yours. Your scene in the movie was brilliant." And I said, "What movie?" And she said, "'Bridesmaids!'" And she looked at me like how come I didn't know that that's what she meant? That's what I get recognized for here.

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ned.ehrbar@metro.us

My Drunk Kitchen

YouTube

HANNAH HART

www.youtube.com/user/MyHarto

Hannah Hart is a comedian, Internet personality and reckless optimist. Hart is the star and creator of My Drunk Kitchen on YouTube — new episodes every Thursday!

CELEBRATE 'DRINKO DE MAYO' WITH HANNAH HART

Quick pop quiz — Cinco de Mayo is:

a. A holiday that actually stems from the Mexican army's 1862 win in the Battle of Puebla
b. A day celebrated in Mexico to a far lesser extent than it is in the U.S.
c. Unhelpfully, falling this year on a weekday
d. A day beloved by fans of guacamole and tequila everywhere

The answer is all of the above! Though Cinco de Mayo is a relatively minor holiday south of the border (and though it's a Tuesday), I plan to celebrate along with the rest of you all in the U.S. of A. with tasty foods and margaritas. And, as author of "My Drunk Kitchen — A Guide to Eating, Drinking, and Going With Your Gut," I feel it's only right that I share with you my three-step plan to a perfect celebration. (Did you enjoy that shameless self-promotion? Good — because I did too.)

So what that it's a Tuesday — your Cinco de Mayo celebration needs margaritas. / PROVIDED

Step 1: Ready the carbs

I encourage you to have a hearty meal of carbs and cheese handy to start the evening in the form of a quesadilla. If you don't know how to make a quesadilla, it's essentially a symphony of shredded cheese melted between two fried tortillas. Sour cream, salsa and chicken are all optional additions.

Step 2: Freeze a watermelon

I like to celebrate Cinco de Mayo by making a watermelon margarita. First, buy a watermelon and cut it into chunks. Freeze overnight. The next day, use these chunks as the base of your drink. Add tequila and as much lime juice as you fancy. Do the same with the sugar. This ranges widely depending on taste.

Visit **Metro.us/blogs**

Step 3: The morning after

Any properly organized Cinco de Mayo plan will also look ahead. After a watermelon margarita (or four), your body will quite naturally be craving grease. And probably eggs. Fortunately, there is a perfect hangover cure: migas! Effectively a Mexican version of scrambled eggs, your basic migas include: corn tortillas, jalapeno, plum tomatoes, green pepper, red bell pepper, medium onion, eggs (obviously), cotija cheese, cilantro and whatever you use to keep your eggs from burning — butter, oil, etc. Throw all of those ingredients (with the appropriate slicing and dicing) onto a skillet, cook and enjoy!

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wellbeing

ISTOCK

MAKE HEALTHY YOUR NEW HAPPY

Taking control of your body can transform your entire life

After spending nearly a decade in prison for a crime he did not commit, Ryan Ferguson learned a thing or two about becoming "Stronger, Faster, Smarter."

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

When Ryan Ferguson entered prison as a skinny 19-year-old, convicted of a crime he did not commit, he was understandably scared. His first priority became transforming himself into someone bigger and stronger for protection.

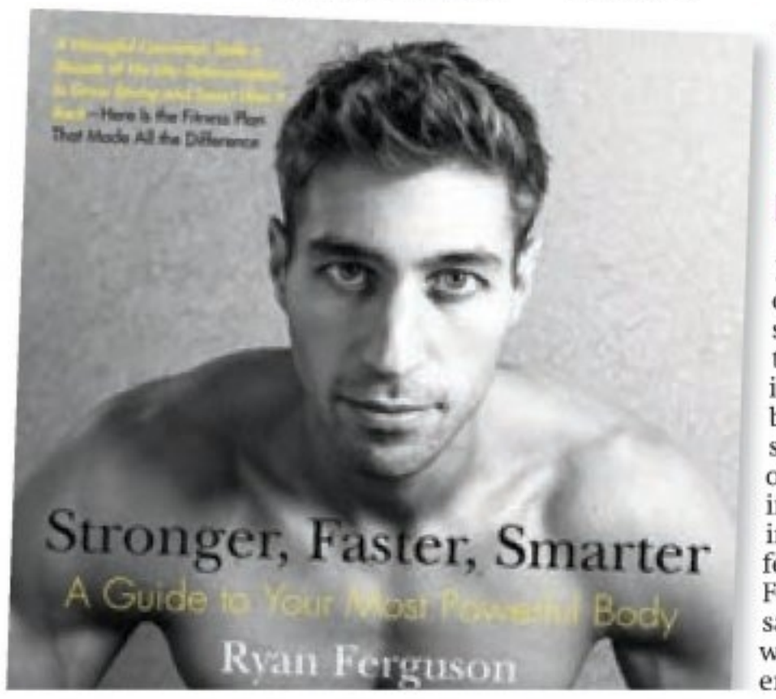
But as he started accomplishing his goal, the same determination to change his body started changing his mindset, too. He grew even more determined to prove his innocence, and though it took nearly 10 years, he prevailed and is now a free man.

The things he took from the experience, both his personally honed exercise routine and finding the inner strength to get through it all, are in his new book, "Stronger, Faster, Smarter," out now. We talked to Ferguson about how mind and body are connected and how accomplishing your fitness goals can have a positive impact on other areas of your life.

The right food fuels your brain

What you eat plays a huge part in being healthy. Besides drinking a lot of water, Ferguson recommends green smoothies as one of the best ways to get necessary nutrients. "They're infinitely better than fruit smoothies because fruit smoothies have a lot of sugar," he says. "There's nothing more nutritious."

When you change your eating habits for the better, you'll notice that you'll be able to think more clearly and work smarter, too. "If you're healthy and hydrated, your productivity goes up," he says. "You'll actually be a better worker and become an invaluable employee."



You get out more than what you put in

If you're out of shape, transforming your body may seem like an overwhelming, if not impossible, feat, but Ferguson says if you want it badly enough, you can absolutely make it happen. "That's the reality of fitness," he says. "You're going to get what you want most. If you want to be healthy, you're going to get it. You're going to make it happen."

After all, if anyone knows something about overcoming a seemingly impossible situation, it's Ferguson; if he wasn't determined to prove his innocence, he would still be behind bars.

Once you start seeing the results of your athletic determination pay off, you'll put your mind to making other big changes in your life outside of your fitness goals, Ferguson assures. Whatever your own personal prison may be, you can find a way out.

Discover a new source of power

While Ferguson was in prison, he didn't have access to weights and couldn't go outside for a run, but he still found ways to work out.

"In jail, the stairs have no back, so I would come up behind them, grab on to them and do pullups," he says. "The point is, you can be creative with what you have at home."

The most important thing to do is just get moving, he says. Even if you can't afford a gym membership, anyone can afford to walk around the city or do some basic fitness moves, like squats, situps and pushups at home or in the park.

When you get resourceful about your fitness routine, you'll find that you'll become more resourceful in other areas of your life as well, whether it be stretching your finances or tackling a difficult problem at work. Your mind will already be trained to think resourcefully and look for new ways to deal with obstacles.

Horoscope

♉ Taurus | April 21-May 21
There will be hidden factors influencing those around you. Examine any ulterior motives that might be lurking behind the scenes before you share information.

♊ Gemini | May 22-June 20
A lifestyle change will pay off. Improvement to your health will increase your energy, allowing you to enjoy your favorite pastimes. Get out with friends.

♋ Cancer | June 21-July 22
Group activities or short trips will inspire you. Make the most of your creative projects. An experienced colleague will give you tips on how to grow your personal finances.

♌ Leo | July 23-Aug. 22
Feeling sorry for yourself will get you nowhere. Personal issues can be resolved if you are willing to compromise. Don't expect forgiveness if you have neglected to honor a promise.

♍ Virgo | Aug. 23-Sept. 22
Contributing to charity will involve more than just a donation. Offer your time or talent to the cause of your choice. Recognition and respect will follow.

♎ Libra | Sept. 23-Oct. 22
You will be hypersensitive when it comes to your career. Don't confuse helpful hints with critical comments. Take heed of the people who are trying to help you get ahead.

♏ Scorpio | Oct. 23-Nov. 21
Don't be discouraged if you hit a few roadblocks. Tap into what others have to offer and keep moving. You will pick up many important tips if you listen and learn.

♐ Sagittarius | Nov. 22-Dec. 21
Legal agencies will cause headaches if you aren't prepared. Keep all of your important documents up to date to avoid any unpleasant consequences. Don't avoid the inevitable.

♑ Capricorn | Dec. 22-Jan. 20
Don't get coerced into a dispute. Refuse to revisit an unpleasant discussion or to speculate about what might have been.

♒ Aquarius | Jan. 21-Feb. 18
You will feel depressed and upset if you think others don't understand you. Say what's on your mind. If you cannot pinpoint the problem, you won't be able to fix it.

♓ Pisces | Feb. 19-March 20
Don't rush to get things done; take your time and do them right the first time. Missing important details will lead to delays and disappointment.

♈ Aries | March 21-April 20
You will be anxious about financial matters. Stick to your budget, but keep an eye open for discounts or bargains. This is an ideal time to check out an investment. EUGENIA LAST

Letters to the editor

Do have a cow

Re: 'Don't have a cow' (Metro, May 4) Wow Bill, it's clear that someone has been reading PETA's wiki. Though we all know that many animals, including but not limited to cows, are not always treated or killed as humanely as we would like, I find it impossible to believe that all newborn calves are torn from their mothers and turned into cutlets. If this were true, cows would have gone extinct decades ago. Perhaps cows at mass kill sites are chained to floors with no access to the outdoors, but most cows, at least those here in Pennsylvania, live on farms outdoors, where they have plenty of access to fresh grass, water and each other. After a period of time (months to years) where they are fattened and checked over (to make sure they are healthy enough for human consumption), they are transported to where they might become, as you so diplomatically put it, hamburgers. Milking cows, on the other hand, can become lonely (without their children) but are constantly in the vicinity of other cows because milking cows are housed together. This helps (again) humans keep an eye on the health of said cows — after all, the milk from their bodies is going into ours. And last, but certainly not least: I have a wonderful mother. She is kind, gentle, graceful and so very special. After working her butt off, day in and day out, she gets but one Mother's Day to celebrate, and I, for one, will not be the a–hole child who brings her soy cheese on her day.
JENNIFER MATRONE, VIA EMAIL

Re: 'Don't have a cow' (Metro, May 4) If all calves are turned into veal cutlets, where do adult cows and bulls come from? The white fluid from almonds, soy, etc. cannot be technically called "milk." Milk is only produced by mammals. The substitute from plant life is as similar to milk as Tang is to orange juice. It has also been proven that plants feel pain, so consuming them isn't cruelty-free either. But we've got to eat something!
CLARK J. VAN HEKKEN, VIA EMAIL

letters@metro.us
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

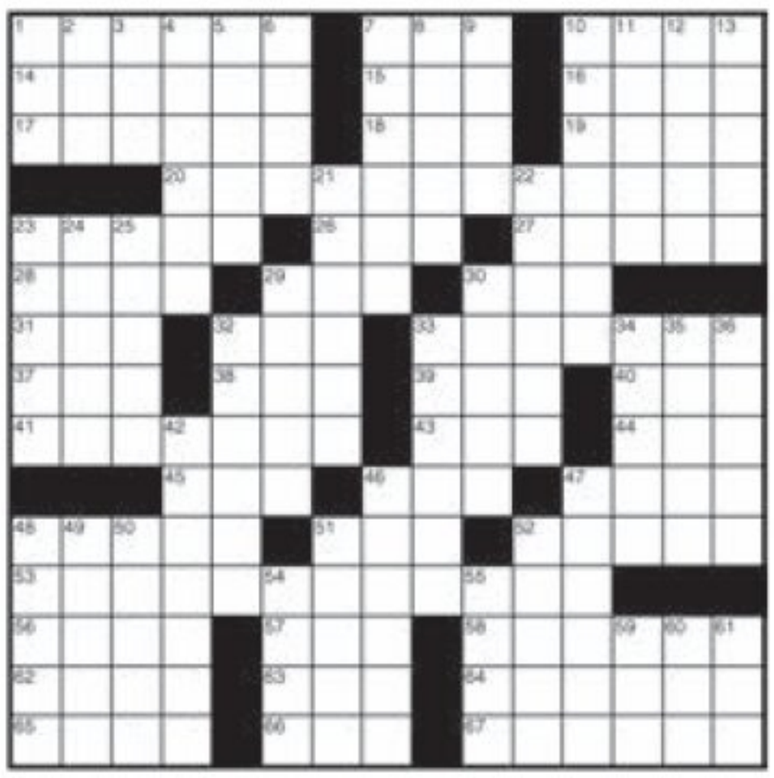
Sudoku: Easy and hard

4		8						
		6				3	7	8
	1			9	7		5	
		5	9	8	2		1	
	3		1	7	5	6		
	5		4	6			3	
1	6	7				9		
						2		1

			8	2		7		5
				1			4	
2		9			7			
9	2	5	6				7	3
8	1				3	5	6	9
			7			8		4
	7			3				
5		1		6	2			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across
1 Evidence of rain
7 Game official
10 Cellar, briefly
14 Dined at the diner (2 wds.)
15 Bridal notice word
16 Hodgepodge
17 Batista toppler
18 Old B'way posting
19 Check off
20 Wordsworth locale (2 wds.)
23 Went to the polls
26 Light beam
27 Roundup gear
28 Like some fans
29 Popular movie
30 Train unit
31 Cotillion honoree
32 Puffin kin
33 Oily fish
37 High dudgeon
38 Not sm. or med.
39 "She Done — Wrong"
40 Cote murmur
41 Disco flashers
43 TLC providers
44 Brillo rival
45 Part of mph
46 Embroider, maybe
47 Wife, to a lawyer
48 Can't stand
51 Feel crummy
52 End
53 Far from ambiguous (hyph.)
56 Beauty packs
57 — choy
58 Set a value
62 Pantyhose shade
63 Vane dir.
64 Disregard
65 Pants feature
66 CNN founder — Turner
67 French brandy

Down
1 Boot liner
2 Ms. Hagen
3 — Plaines
4 Made a point?
5 Gruesome
6 Harrow rival
7 Beat an incumbent
8 Festive
9 Menial laborer
10 Pepper
11 Marble blocks
12 Bogs down
13 Japan's capital
21 Kids' wheels
22 Gives the willies
23 "Quo —?"
24 Not hidden
25 River in Italy
29 Even bigger
30 Queeg's ship
32 Mr. Camus
33 Earsplitting
34 Peer Gynt creator
35 A musical Judd
36 Moves gingerly
42 Pogo of the funnies
46 Dampened a stamp
47 Hardening bricks
48 Peaks
49 Lee of martial arts
50 Creature Hercules fought
51 How some go it
52 Partner of Wells
54 Help a hoodlum
55 Tale of adventure
59 Kind of artist
60 Paleozoic or Mesozoic
61 Solstice mo.

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Yesterday's answer

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3 SPORTS

NBA

Curry runs away with MVP honor

Stephen Curry is your new NBA MVP. And despite what many basketball pundits predicted would be a close race, it wasn't. The Golden State guard beat out Houston's James Harden handily for the trophy, receiving 100-of-130 first place votes. Curry is helping the 67-win Warriors chase a title as the No. 1 seed in the West after a season that saw him break his own single-season 3-point record. Game 2 of the Warriors - Grizzlies series is tonight. LeBron James, Russell Westbrook and Anthony Davis rounded out the top five in the MVP vote.

Visit **Metro.us** to read about what we learned during Saturday's big fight.

Agudelo continues to build a strong résumé with Revs

MLS. The forward has shown plenty of signs that he's capable of being a superstar.

Juan Agudelo tries to shake Montreal defender Hassoun Camera earlier this season. / GETTY IMAGES

Mostly because he made his U.S. national team debut at the extremely young age of 17 (Nov. 17, 2010 vs. South Africa) and scored in it, but lofty expectations have followed New England Revolution forward Juan Agudelo every step of the way since. Thus far, he hasn't been a complete bust as a professional soccer player; he's not Freddy Adu. But this is an interesting period in a career which still has so much untapped potential. Agudelo was traded to New England two years ago this week from Chivas for allocation money, and this will be his first full season with the Revs after he spent last year on loan with the Dutch club FC Utrecht.

"We are really happy with Juan," said New England head coach Jay Heaps after Saturday's 2-1 win over the New York Red Bulls (3-1-4), a victory which vaulted the Revolution (5-2-2) to the top of the Eastern Conference standings. "It was the third game in a row that he has played well. He has great feet and he's really good at hitting the ball early. With those crosses, we like the way that he's putting the ball in the box."

Agudelo started up top with Charlie Davies on Saturday and played for 83 minutes before he was substituted for. Even though he didn't get the assist (unlike hockey, soccer officially only credits one assist), Agudelo was involved in the sequence of passes that resulted in midfielder Teal Bunbury's game-winning goal in the 60th minute. This season, Agudelo has two goals and one assist.

Agudelo and the Revs were excited to knock off this season's last unbeaten team in Major League Soccer on Saturday and they set a new club record by extending their home unbeaten streak at Gillette Stadium to 13 matches.

"It means a lot to get the result," noted Agudelo, who originally came up through the Red Bulls Academy. "We are building a rivalry there — the two teams on top of the East. We showed how hard it is to beat us when we fight and strive to do our best."

If he continues to improve his form, USMNT head coach Jurgen Klinsmann could call him back (his last appearance was Jan. 29, 2013) into the fold.

New England's next match is on Friday (8, Univision) at Orlando City (2-4-2).

RICH SLATE
@RichSlate
sports@metro.us

By the numbers

19

Juan Agudelo is the co-leader for the Revolution in the shots on net category so far this season with 19. Lee Nguyen also has 19 shots on net and Kelyn Rowe has 15. Charlie Davies, who has 12 shots on net this season, leads the team in goals with three.

NFL

Pats' Gronkowski up for Madden cover, curse

At this time the past two years, people were wondering if Rob Gronkowski would ever be able to make it through a full NFL season again without an injury. Those fears subsided a tad in 2014, as Gronkowski played in 15 regular season games (only being held out for the season finale against Buffalo as a precaution) and three postseason games as the Pats went on to win the Super Bowl.

But the Gronk injury fears are sure to come up again if No. 87 is designated the cover boy for Madden NFL 16 video game.

ESPN said Monday that Gronkowski is one of four candidates to be on the cover of the popular football game. While that may have some Patriots fans excited, many others know of a supposed "Madden curse," in which Madden cover boys are hit by injury and/or other issues in real life soon after being the marquee Madden man.

Players like Marshall Faulk, Michael Vick, Donovan McNabb, Shaun Alexander and Troy Polamalu were injured significantly shortly after appearing on the cover and players like Vince Young and Peyton Hillis saw their respective careers tank after landing on the Madden cover.

Giants receiver Odell Beckham Jr, Cardinals cornerback Patrick Peterson and Steelers receiver Antonio Brown are the three other candidates being considered for the cover this year. MATT BURKE

Tom Brady and Rob Gronkowski pose at this past weekend's Kentucky Derby. GETTY IMAGES

KEVIN LOVE IN BOSTON? NO THANKS

Opinion

DANNY PICARD

@DANNYPICARD

"The Danny Picard Show" airs every weekday at DannyPicard.com. Danny can also be heard on WEEI 93.7 FM and seen on CSNNE.

The way Kevin Love acted after his shoulder injury was weak. / GETTY IMAGES

I'm not going to lie. Last year at this time, I was begging the Boston Celtics to acquire Kevin Love in a trade with the Minnesota Timberwolves.

My, what a difference a year makes. And it has absolutely nothing to do with his on-court talent.

Kevin Love can opt-out of his contract with the Cleveland Cavaliers this summer. His team has advanced to the Eastern Conference semifinals, but his season is over after having successful surgery to repair a dislocated left shoulder that he suffered in Game 4 of the Cavs' first-round series with the C's.

Love's on-court reaction to the injury was normal. Shoulder pops out of socket after getting tangled up with Kelly Olynyk, he realizes such, and sprints directly back to the locker room while holding his dangling left arm in place.

But off-the-court was a different story. Love accused Olynyk of dislocating his arm on purpose. And while there's no question that Olynyk intentionally got tangled up with Love by grabbing his arm, by no means did Olynyk set out to take Love out of the game and out of the entire playoffs on purpose.

Those postgame comments were just another example as to why I've grown to despise Love's personality over the past year.

Take it back to February, when Lebron James called out Love via Twitter, saying, "Stop trying to find a way to FIT-OUT and just FIT-IN. Be a part of something special! Just my thoughts."

He was referring to Love's "fit-out" comments during the preseason, when he tried to describe how he could be himself and still help the team. But James tweeted this in February, a day after Love questioned his role in the team's offense following a loss to the Indiana Pacers, in which Love had only five points for the second time in three games.

Agree with James' tweet or not, it worked. Because Love had his best game of the year the night after that tweet, scoring a season-high 32 points in a win over the Los Angeles Lakers.

Love then went on a "Chocolate Milk" promotional tour in March, and was asked several questions about James. Love's answers were brutal.

Picard on Love

"[Kevin] Love is a serious 3-point threat and rebounding machine. But after listening to the things that have come out of his mouth since joining the Cavaliers, I don't want him."

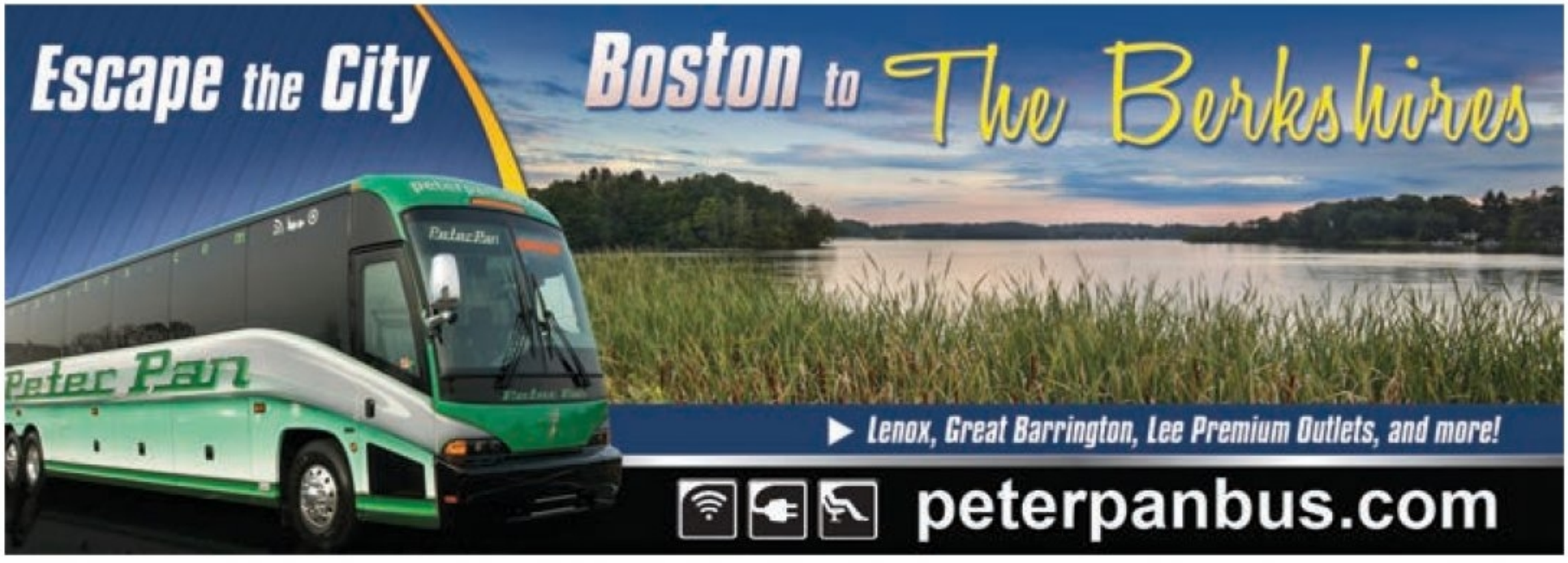
When asked about James' Instagram picture of Cavs players that didn't include Love, with the caption "Clique Up," Love said that he and James "were not best friends." Love then was asked whether he'd vote for James or his former UCLA teammate Russell Westbrook for MVP. Love chose Westbrook.

I mean, come on, man.

Love is a serious 3-point threat and a rebounding machine. But after listening to the things that have come out of his mouth since joining the Cavaliers, I don't want him.

If Love wants to win and win now, he'll stay in Cleveland. He'll fit in, instead of opting out. If he chooses to become a free agent, he'll come off as sensitive, soft and not wanting to be part of a championship contender for the next handful of years.

Should the Celtics give a max contract to that guy? I sure hope not.



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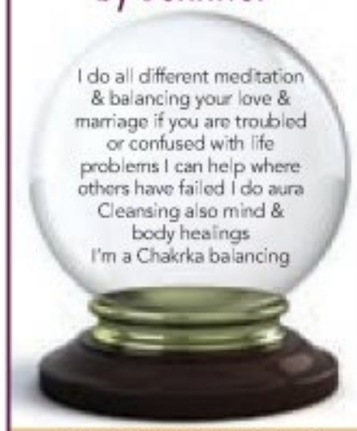

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